

Vermont Department of Education Linking Health & Learning Bulletin

February 2008

New and General Announcements

School Health Profiles Data Collection

The School Health Profiles helps state and local education agencies monitor the current status of school health education; physical education; school health policies related to HIV prevention and tobacco use prevention; food service; asthma management; and family and community involvement in school health programs. The Vermont Department of Education conducts the survey biennially at the middle and high school levels. Your response to this survey is very important. Without an accurate view of the extent of our current school health policies and program activities, we cannot plan and allocate program resources adequately. The profiles are critical for designing and administering programs to meet the needs of our students and to provide a basis for future requests for funding. School principals should have received their survey packets in January. **The due date for completed questionnaires is March 3, 2008.** For more information, contact Karen Abbott by e-mail at karen.abbott@state.vt.us.

NASPE's Teacher Toolbox – February 2008, Celebrate American Heart Month!

Inside the February NASPE's Teacher Toolbox you will find all the resources you need to learn about and celebrate American Heart Month. Find activities, handouts and links to additional resources and information. As always you will find the monthly Fitness Calendars for elementary and secondary levels. February's toolbox also includes new activity ideas for staff wellness, a take-home letter to parents and national health observances. To see it all visit:
http://www.aahperd.org/naspe/template.cfm?template=teacher_toolbox_feb08.html

Online Course: Creating Change through Coordinating School Health

March 3 - April 11, 2008

The Department of Education and the Vermont School Boards Insurance Trust is offering a graduate level course entitled Creating Change Through Coordinating School Health. This six-week course will introduce students to models for promoting healthier school environments, healthier staff and healthier students. Students will identify health issues impacting their school communities and practice using tools to help them become agents of change and engage partners. Students will engage in a variety of learning activities including on-line discussions, individual assignments, peer interaction and reflection. Students will examine the key drivers of educational change, review state and national policies and resources, practice gathering school health assessment data and integrate this knowledge to design and implement an effective comprehensive school health program. The content covered in this course is in alignment with the Vermont Department of Education's health education endorsement requirements. **Registration due date: February 29, 2008.** Cost: \$140 for one graduate credit through UVM or no cost for those not seeking graduate credit. For registration and other information go to http://education.vermont.gov/new/html/pgm_coordhealth/resources.html or contact Shevonne Travers at shevonne.travers@state.vt.us.

New Materials available from the Health Education Resource Center (HERC)

The Vermont Department of Education operates a Health Education Resource Center that loans materials to Vermont educators. These materials include books, curricula, reference resources,

videos, DVDs and other visual materials. For a complete listing of available materials visit our website at http://education.vermont.gov/new/html/pgm_coordhealth/resources/herc.html.

Here are a few newer materials approved recently by the ADAP/DOE Materials Review Board:

Athletes Targeting Healthy Exercise & Nutrition Alternatives

ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) is a scientifically proven program for female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and gender specific. It is interactive, engaging and easy to implement by coaches during the sport season. Audience: HS

Keepin' It Real: Drug Resistance Strategies

Effective for reducing drug use and establishing anti-drug attitudes and beliefs. The kiR program teaches kids how to say "no" to alcohol, tobacco and other drugs without losing friendships. The kiR program enhances life skills such as decision-making, communication and drug-resistant strategies. The curriculum includes ten lessons and four videos developed by and for kids which have been tested by researchers with over 7,000 middle-school students in Phoenix, Arizona. The kiR curriculum is identified as a Model Program by the Center for Substance Abuse Programs (CSAP) at the Substance Abuse and Mental Health Services Administration. Audience: MS

LifeSkills Training: Parent Program Workshop Set

The LifeSkills Training Parent Program Workshop Set is specifically tailored for facilitated workshop delivery in either a school or community setting. The resources provided in this multifaceted program are designed to promote active parental involvement and strengthen family communication. The activities focus on building a variety of protective family factors and general life skills that are essential in decreasing a child's risk for engaging in alcohol, tobacco, and substance abuse. 2006. Audience: Adult

Grant and Funding Opportunities

Tobacco Prevention Grant Opportunity

In an effort to reduce and prevent tobacco use among youth, non-competitive grant funding is available through the Vermont Department of Education. Funding is available to Vermont supervisory unions/districts and independent schools. Tobacco Use Prevention Funding targets four primary goals:

- Coordination of Tobacco Prevention Efforts
- Provision of Evidence-based Tobacco Prevention Education
- Development and Implementation of Model Tobacco Policy
- Involvement of Families & Community in Supporting School Tobacco Prevention Initiatives

Applications are due no later than May 1st, 2008. For more information or to obtain an application, contact Kate Larose at (802) 828-0565 by e-mail at kate.larose@state.vt.us.

STOP Hunger Scholarships to Recognize Students for Community Service

The Sodexo Foundation seeks nominations to recognize kindergarten through college students in the fight against hunger in America. The STOP Hunger Scholarship recognizes and rewards students who have made a significant impact in the fight against hunger and its root causes in the United States. Up to five national scholarship recipients will each receive a \$3,000 scholarship as well as a \$3,000 grant made in their name to the hunger-related charity of their choice in their local community. Applicants must obtain a nomination statement as part of the application process. The nomination statement must be completed by an adult. For more information or a RFP, visit the following website: <http://www.helpstophunger.org/scholarships/index.asp>

FY 2008 Federal Grant for Safe Schools/Healthy Students Program

The Safe Schools/Healthy Students program through the U.S. Departments of Education, Health and Human Services, and Justice supports the implementation and enhancement of integrated, comprehensive community-wide plans that create safe and drug-free schools and promote healthy childhood development. Grant activities may include addressing safe school environments and violence prevention; alcohol, tobacco, and other drug prevention; student behavioral, social, and emotional supports; mental health services; and early childhood social and emotional learning programs. Eligible applicants are local educational agencies only. The application is due March 14, 2008. For more information and application assistance visit

<http://www.sshs.samhsa.gov/apply/kit.aspx> or contact Kate Larose at (802) 828-0565 or kate.larose@state.vt.us

NIKE Let Me Play Fund Essay Contest

The Nike Let Me Play Fund provides resources for female sport teams-from new playing fields and uniforms, to new score clocks and travel costs to and from tournaments. Whatever it may be to make a team a success-Nike wants to hear about it. Anyone can apply; male, female, coaches, parents, administrators. You must be 13 years or older as of September 17, 2007. You must be affiliated with a nonprofit team or organization. The maximum award is \$5,000 and it may be distributed in cash, equipment and/ or Nike product. Awards may only be used for the project you submit. Applications will be accepted continually thru **March 31, 2008**. For more information visit: <http://letmeplay.com/2007/09/apply-to-receive-money-from-the-let-me-play-fund/>.

NIKE Bowerman Track Renovation Program

The Bowerman Track Renovation Program provides matching cash grants to community-based, youth-oriented organizations that seek to refurbish or construct running tracks. The program distributes approximately \$200,000 in matching grants each year. This 10 year, \$2 million program, administered by Nike's Community Affairs department, provides matching funds of up to \$50,000 to youth-oriented nonprofit organizations anywhere in the world. Organizations applying for the grant must demonstrate a need for running track refurbishment or construction. Grant recipients will provide track access to neighboring communities. Bowerman Track Renovation Program funds must be matched in some amount by other contributors by an agreed upon deadline. The deadline for applications is ongoing through **May 31, 2009**. For more information visit: http://www.nikebiz.com/responsibility/community_programs/bowerman_track_program/

School Nutrition Grants

The US Potato Board (USPB) and the School Nutrition Foundation (SNF) have partnered in sponsoring the first-ever School Wellness Grant Program. Ten (10) grants will be awarded for qualified school districts to receive funds in the amount of \$2,500. Grant recipients are expected to use these funds towards purchasing equipment and/or implementing a physical education curriculum, which will assist students in becoming conscious of a healthy lifestyle. Grant applications are due **April 15, 2008**. If you have any questions regarding the grant please contact the SNF at 800-877-8822 ext. 104. For a grant application, please see related links. Applications are available at:

http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Tools_You_Can_Use/Grant_Application.doc

Funds for K-12 Nutrition and Fitness Programs

The U.S. Potato Board, in partnership with the School Nutrition Foundation, has initiated the School Wellness Grant Program for elementary schools in the United States. Ten grants of \$2,500 will be awarded for equipment and/or educational programs that will help move children toward healthier diets and improve their overall wellness. Grant money can be used for food service equipment for the healthful preparation of fresh or processed potatoes, physical activity equipment for use on the campus playground or during physical education programs, or

development or execution of nutrition or physical activity educational programs. Applicants must be members of the School Nutrition Association (SNA) or be sponsored by an SNA member. **The application deadline is April 15, 2008.** Visit their website to download the application guidelines and forms at <http://www.potatogoodness.com/>

Professional Development and Wellness Opportunities

For a Calendar of Vermont Department of Education-Sponsored Events go to
<http://www.state.vt.us/educ/new/html/dept/calendar.html>.

The Mason's C.A.R.E. Training: K-12 Masonic Model Student Assistance Program **March 18-20, 2008 Doubletree Hotel, Burlington**

This three-day workshop will help build educators' skills in identifying at-risk students and providing appropriate guidance. This training is an opportunity for schools to create an informed team of three to six members (must include one administrator) to identify, intervene with and create appropriate referrals for students who may be at risk for substance abuse, depression, suicide or violence and other unhealthy behaviors. Training, lodging, meals and snacks are provided by the Grand Lodge of Masons of Vermont. The only cost to schools will be substitute fees, mileage reimbursement, single room fees and incidental charges from the hotel. Letter of Commitment for your team, from your school is required to attend. For more information, contact Lucille Chicoine at (802) 828-5922 or by e-mail at lucille.chicoine@state.vt.us or download the CARE brochure at http://education.vermont.gov/new/pdfdoc/dept/calendar/masons_0108.pdf

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VSSNA Spring Conference **March 29, 2008 Windjammer, South Burlington**

Nurture your professional AND personal self at the 2008 VSSNA Spring Conference. Our noted speaker is Janice Selekman, DSNc, RN (editor of School Nursing: A Comprehensive Text), presenting in the morning and in the afternoon. Multiple exhibitors will be there for your convenience. To nurture your personal self, Kathy Evans, CLC of Healthy Lifestyles will present. For more information, contact Brenda Perkins at brenda.perkins@cesu.k12.vt.us.

Weaving Farm to School into your Community

March 6, 2008

All Souls Unitarian Universalist Church, Brattleboro

March 20, 2008

Vermont College, Montpelier

This is an opportunity for schools and communities just beginning their Farm to School journey to learn and experience

- How to get started with Farm to School
- Ways to connect with farmers or to sustain ongoing programs
- Vermont school tested recipes, preparation and tasting
- New ways to address nutrition and food access in your school
- Strategies for purchasing, processing and serving local foods

Register for these events at www.vtfeed.org/progservices/index.html.

Become a National Board Certified Teacher

The National Board for Professional Teaching Standards now is offering a Health/Early Adolescence through Young Adulthood certification. Accomplished teachers of health education know that effective school health education programs focus on physical, mental, emotional, social and spiritual health assist all students in realizing their full potential as learners. Earn one of the highest symbols of teaching excellence with many rewards:

Meets most states definition of "highly qualified teacher" under NCLB

- Strengthens teaching practice
- Improves students' learning according to a vast majority of research
- Advances teaching careers
- Increases financial opportunities
- Provides a portable teaching license in most states.

For more information or to download the documents visit: www.nbpts.org.

1st New England Regional SAP Training

March 27, 2008

Capitol Plaza, Montpelier

This seminar, sponsored by the National Student Assistance Association (NSAA) and the Association of Student Assistance Professionals of Vermont, is titled, "Changing Behavior through Social Norms Marketing" Led by two national experts in the field of Social Norms Marketing applications— Jim Campain and Scoot Crandall, both from Fort Collins, CO, they have used Social Norms principals and techniques in public school settings and have evaluated the results from their efforts. Social Norms Marketing approaches reinforce the strengths, assets and right-decision-making skills that the majority of youth possess. For more information, visit the SAP website at www.asap-vt.org.

Center for Health and Learning (CHL)

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at <http://www.healthandlearning.org> or call (802) 254-6590.

Know Your Body

A Comprehensive Elementary Health Education Curriculum for Grades K-6

March 18, 2008

Hampton Inn, Burlington

Easy to implement, with wonderful learning activities and extension activities for integrating health education into the general curriculum, this is an outstanding choice for elementary health education. The \$150 registration fee includes materials, continental breakfast and lunch. Register online at www.healthandlearning.org or call the CHL at (802) 254-6590.

Bullying & Harassment: Understanding the Definitions and Requirements of Act 91

March 28, 2008

Cortina Inn, Killington

This training provides a comprehensive look at federal and state school harassment laws with an emphasis on the provisions of Act 91, Vermont's 2004 law. It is designed to prepare administrators, educators and designated employees to meet their school's overall responsibilities under the law. Topics include distinctions between bullying and harassment; case studies; school timelines for response, investigation, and appeals; independent reviews; staff training; details related to informal resolution/alternate dispute resolution; and more. The \$65 registration fee includes participant materials, continental breakfast and lunch. Register online at www.healthandlearning.org or call the CHL at (802) 254-6590.

Puberty: The Wonder Years

March 28, 2008

Brattleboro Savings and Loan, Brattleboro

This one-day training prepares participants to conduct high quality puberty education using *Puberty: The Wonder Years*, the best puberty education curriculum we've seen. The \$150 registration fee includes materials, continental breakfast and lunch. Register online at www.healthandlearning.org or call the CHL at (802) 254-6590.

Best Practice Workshops for Prevention Training & Health Education

This series of trainings is designed for the Vermont Prevention Workforce: prevention consultants; community and youth development workers; health educators; counselors; school nurses; and coalition and school health advisory council members. Our trainers are well known to Vermonters, some are known nationally, and all enjoy outstanding reputations and professional recognition in their fields. There is a \$35 fee for each workshop, which includes materials and a continental breakfast. Participants should bring a bagged lunch. Register for the following workshops online at www.healthandlearning.org or call the CHL at (802) 254-6590.

Leadership Skills

March 12, 2008

Cortina Inn, Killington

Participants will consider dimensions of leadership and identify leadership styles and how they influence working relationships. Basic leadership skills in managing, planning and implementing community process will be addressed. Participants will also be introduced to approaches for evaluating effectiveness in leadership ability.

Positive Youth Development Approach to Substance Abuse Prevention

March 3, 2008

Lamoille Professional Development Academy, Montpelier

Youth development is an ongoing process by which young people gain the personal, social, academic and citizenship competencies necessary for successful adolescence and adult life. It is about more than simply preventing problems. Through youth development, a youth worker designs programs and activities for each person based on his/her particular capabilities, strengths and formative needs

Prevention Ethics

March 28, 2008

Vermont College, Montpelier

Many times people who work in prevention are confronted with ethical dilemmas and are not aware that there is an established set of rules for prevention professionals. Using guidelines established by the International Certification & Reciprocity Consortium, the international body that certifies prevention professionals, this workshop explores ethical principles and issues of confidentiality that apply specifically to persons working this field.

Alcohol, Tobacco and Other Drugs Education *(fulfills VT Act 51 Requirements)*

March 26-27, 2008

Colchester

Cost: \$150 (includes breakfast, lunch and materials)

This two-day interactive training covers pharmacology, the continuum of chemical use, chemical dependency in the family, societal and personal attitudes, policy and legal issues, support and referral for students in distress, curriculum development, school climate and drinking and driving. Graduate credit is available for an additional cost of \$290.

Register online at www.healthandlearning.org or call the CHL at (802) 254-6590.

Reminder: To unsubscribe, or subscribe, to the Linking Health & Learning

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